

ABSTRACT

This invention relates to a shoe sole that solves the problems on weight saving in shoes, prevention of distortion, improvement in the fitting property and prevention of upthrust simultaneously. The reinforcing member 3 for reinforcing a part of the midsole 2 is arranged so that the top surface 36 of the second arch 3c and the bottom surface 29 of the first arch 2c are opposite to each other. At least a part of the bottom surface 29 of the first arch is not in contact with a part of the top surface 36 of the second arch in vertically spaced relationship to each other, thereby that the non-contact areas of the first arch 2c and the second arch 3c can be deformed independently from each other when impact load of landing is applied.